



MAY 2020

## THE NEWS FROM OUR WORLD

PUBLICATION #5

THE WORLD THAT WE LIVE IN TODAY IS IN THE MIST OF TURMOIL, CONFUSION AND DEATH. THESE ARE THE TIMES THAT CHRIST REVEALED TO HIS PROPHETS OF WHAT WOULD OCCUR IN THE LAST DAYS **THE END OF THIS WORLD.**

### 2 TIMOTHY 3: 1

THIS KNOW ALSO, THAT IN THE LAST DAYS **PERILOUS TIMES SHALL COME.** FOR MEN SHALL BE LOVERS OF THEIR OWN SELVES, COVETOUS, BOASTERS, PROUD, BLASPHEMERS, DISOBEDIENT TO PARENTS, UNTHANKFUL, UNHOLY, WITHOUT NATURAL AFFECTION, TRUCEBREAKERS, FALSE ACCUSERS, INCONTINENT, FIERCE, DESPISERS OF THOSE THAT ARE GOOD, TRAITORS, HEADY, HIGHMINDED, LOVERS OF PLEASURES MORE THAN LOVERS OF GOD;



### MICAH 2: 10

ARISE YE AND DEPART, **FOR THIS IS NOT YOUR REST:** BECAUSE IT IS POLLUTED, **IT SHALL DESTROY** YOU EVEN WITH A SORE DESTRUCTION.

### MATTHEW 24: 3

AND AS HE SAT UPON THE MOUNT OF OLIVES, THE DISCIPLES CAME UNTO HIM PRIVATELY, SAYING, TELL US, WHEN SHALL THESE THINGS BE? AND WHAT SHALL BE THE SIGN OF THY COMING, AND OF **THE END OF THE WORLD?**



### MATTHEW 24: 7

FOR NATION SHALL RISE AGAINST NATION, AND KINGDOM AGAINST KINGDOM: AND THERE SHALL BE FAMINES, AND **PESTILENCES,**



AND EARTHQUAKES, IN DIVERS PLACES.

ISRAEL, NOW IS THE TIME TO GET YOURSELF

### "READY FOR THE BATTLE"

THE BATTLE WE HAVE TO FIGHT. IT'S NOT WITH GUNS, KNIVES OR ANY TYPE OF CARNAL WEAPON. PROTESTING, VOTING OR THE BURNING DOWN OF YOUR CITIES WILL NOT BRING A SOLUTION TO THE BATTLE WE FACE. WHAT WILL SAVE US IN THESE LAST DAYS? WHO WILL REMOVE THE BURDENS OF OPPRESSION FROM OUR NATION? WHO WILL SAVE US THE POOR AND THE BROKEN?

**WHERE IS OUR SALVATION?**

ISRAEL! AS MUCH AS WE REBEL AGAINST THIS. THE ONLY SOLUTION, THE ONLY SAVIOR WE HAVE IS THE KING OF ISRAEL, **JESUS CHRIST** "THE ANOINTED" "A MAN OF WAR"

### ISAIAH 35: 4

SAY TO THEM THAT ARE OF A FEARFUL HEART, BE STRONG, FEAR NOT: BEHOLD, YOUR GOD WILL COME WITH VENGEANCE, EVEN GOD WITH A RECOMPENCE; **HE WILL COME AND SAVE YOU.**

### LUKE 1: 68 , 71

BLESSED BE THE LORD GOD OF ISRAEL; FOR HE HATH VISITED AND REDEEMED HIS PEOPLE,

THAT WE SHOULD **BE SAVED FROM OUR ENEMIES, AND FROM THE HAND OF ALL THAT HATE US;**

SO LET US, THE ISRAELITES. WHO ARE YOU SO-CALLED BLACKS, HISPANICS AND NATIVE INDIANS COME BACK TO OUR KING BY REPENTING AND LET US PUT ON THE SPIRITUAL ARMOR HE GAVE US TO FIGHT THIS BATTLE.

### EPHESIANS 6: 14

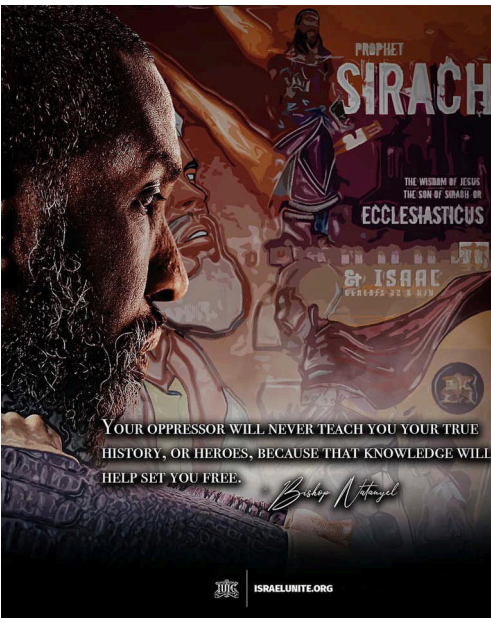
STAND THEREFORE, HAVING YOUR LOINS GIRT ABOUT WITH TRUTH, AND HAVING ON **THE BREASTPLATE OF RIGHTEOUSNESS;** AND YOUR FEET SHOD WITH THE PREPARATION OF THE GOSPEL OF PEACE; ABOVE ALL, TAKING THE SHIELD OF FAITH, WHEREWITH YE SHALL BE ABLE TO QUENCH ALL THE FIERY DARTS OF THE WICKED. AND TAKE **THE HELMET OF SALVATION,** AND **THE SWORD OF THE SPIRIT,** WHICH IS **THE WORD OF GOD:**

LEADERSHIP TALKS  
CURRENT EVENTS  
MY DAILY PRAYER



SALT OF THE EARTH  
HEBREW HEALTH  
RESOURCE PAGE

# Leadership Talks



## IUIC, it's US Against the World.

DATE: MAY 31, 2020

INTERVIEWEE: BISHOP NATHANYEL

INTERVIEWER: CAPTAIN ZAKAR

TRANSCRIBER: SISTER ELIYANA

CAPTAIN ZAKAR CONDUCTED A BRIEF SIT DOWN INTERVIEW WITH BISHOP NATHANYEL OF ISRAEL UNITED IN CHRIST, SERVING THE LORD IN SPIRIT AND IN TRUTH FOR 30 YEARS PLUS.

CAPTAIN PROCEEDED TO ASK, "DO YOU REMEMBER WHEN YOU FIRST FOUND THE TRUTH? WHAT WAS IT LIKE & HOW DID IT FEEL WHEN IT FINALLY CLICKED?" BISHOP NATHANYEL STATED THAT HE WAS SHOCKED AND AMAZED, IT ALL HAPPENED WHEN A BUDDY OF HIS CAME TO THE PRINT SHOP WHERE HE WORKED AND GAVE HIM A FLYER. HE WANTED A THOUSAND COPIES PRINTED. SO HE READ THE FLYER AND WAS TOTALLY BLOWN AWAY. BISHOP WANTED THE BROTHER TO SHOW HIM MORE. HE WOULD COME BY EVERY DAY FOR APPROXIMATELY TWO WEEKS AND GO OVER SCRIPTURES WITH HIM. THAT IS HOW IT ALL BEGAN.

BISHOP WAS THEN ASKED: "HOW LONG DID IT TAKE FOR THE WORD TO CLICK FOR YOU AND FOR YOU TO BEGIN CONGREGATING?" BISHOP RECALLED THAT AT THE END OF THE FIRST WEEK THE BROTHER TOLD HIM TO COME UP TO THE SCHOOL. HE DIDN'T GO THAT NEXT WEEK, BUT WENT THERE THE FOLLOWING WEEK.

THE NEXT QUESTION THAT WAS ASKED OF THE BISHOP WAS, "WHAT IS YOUR FAVORITE BOOK IN THE BIBLE?" AS HE MEDITATED, UTTERING TO HIMSELF, "LET ME THINK, LET ME THINK," HE SPOKE WITH MUCH EXCITEMENT WHEN HE STATED THE BOOK OF PSALMS. THAT WAS A BIT OF A SURPRISE.

WE ASKED THE BISHOP A QUESTION CONCERNING MATTERS OF WAR THEN: "IN THE TIME OF OUR FOREFATHERS, WHAT TWO PROPHETS WOULD YOU LIKE TO HAVE HAD IN BATTLE WITH YOU AND WHY?" WITHOUT HESITATION, BISHOP STATED ELIJAH AND MOSES--ELIJAH BECAUSE, WELL BOTH BECAUSE THEY HAD THE APPROVAL AND POWER TO CALL FIRE FROM HEAVEN," ENDING THAT THOUGHT WITH HIS SIGNATURE LAUGH.

THE CONVERSATIONS WITH BISHOP NATHANYEL, AS ALWAYS, ARE NEVER FILLED WITH DULL MOMENTS AND WE ENDED WITH HIS FINAL THOUGHTS ON WHAT WORDS OF WISDOM HE WANTED TO IMPART TO THE NATION OF ISRAEL. HE SAID, "YES. LET'S HOLD THE LINE ISRAEL. LET'S ENDURE. ALWAYS REMEMBER: IUIC, IT'S US AGAINST THE WORLD. WE ALL WE GOT ISRAEL. WE ALL WE GOT IN THIS TRUTH, SO WE GOTTA ENDURE UNTIL THE END.

STAY STRONG  
STAY FAITHFUL  
AND MOST OF ALL **STAY IN THE SPIRIT**



## My Daily Prayer

### Psalms 71

- 17** O GOD, THOU HAST TAUGHT ME FROM MY YOUTH: AND HITHERTO HAVE I DECLARED THY WONDROUS WORKS.
- 18** NOW ALSO WHEN I AM OLD AND GREYHEADED, O GOD, FORSAKE ME NOT; UNTIL I HAVE SHEWED THY STRENGTH UNTO THIS GENERATION, AND THY POWER TO EVERY ONE THAT IS TO COME.
- 19** THY RIGHTEOUSNESS ALSO, O GOD, IS VERY HIGH, WHO HAST DONE GREAT THINGS: O GOD, WHO IS LIKE UNTO THEE!
- 20** THOU, WHICH HAST SHEWED ME GREAT AND SORE TROUBLES, SHALT QUICKEN ME AGAIN, AND SHALT BRING ME UP AGAIN FROM THE DEPTHS OF THE EARTH.
- 21** THOU SHALT INCREASE MY GREATNESS, AND COMFORT ME ON EVERY SIDE.
- 22** I WILL ALSO PRAISE THEE WITH THE PSALTERY, EVEN THY TRUTH, O MY GOD: UNTO THEE WILL I SING WITH THE HARP, O THOU HOLY ONE OF ISRAEL.
- 23** MY LIPS SHALL GREATLY REJOICE WHEN I SING UNTO THEE; AND MY SOUL, WHICH THOU HAST REDEEMED.
- 24** MY TONGUE ALSO SHALL TALK OF THY RIGHTEOUSNESS ALL THE DAY LONG: FOR THEY ARE CONFOUNDED, FOR THEY ARE BROUGHT UNTO SHAME, THAT SEEK MY HURT.



### Psalms 56

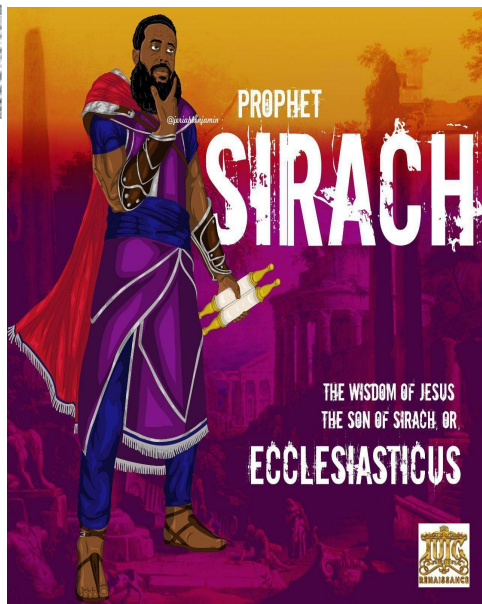
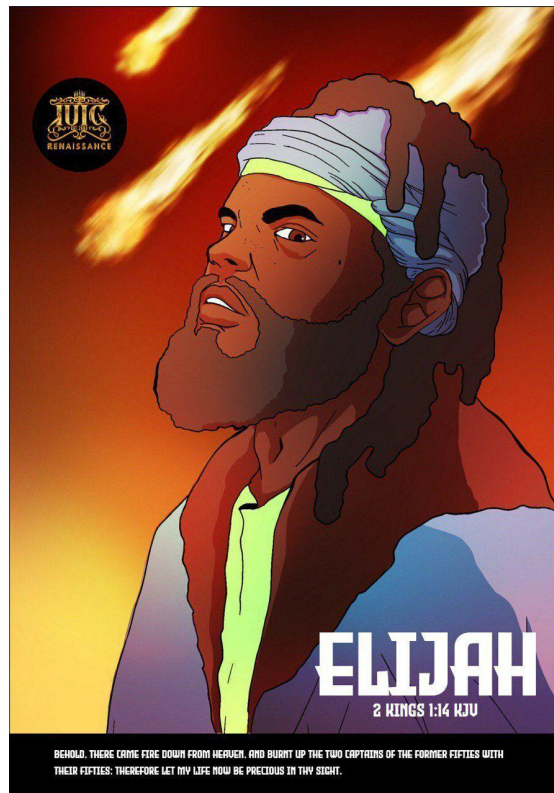
- 1** BE MERCIFUL UNTO ME, O GOD: FOR MAN WOULD SWALLOW ME UP; HE FIGHTING DAILY OPPRESSETH ME.
- 2** MINE ENEMIES WOULD DAILY SWALLOW ME UP: FOR THEY BE MANY THAT FIGHT AGAINST ME, O THOU MOST HIGH.
- 3** WHAT TIME I AM AFRAID, I WILL TRUST IN THEE.
- 4** IN GOD I WILL PRAISE HIS WORD, IN GOD I HAVE PUT MY TRUST; I WILL NOT FEAR WHAT FLESH CAN DO UNTO ME.
- 5** EVERY DAY THEY WREST MY WORDS: ALL THEIR THOUGHTS ARE AGAINST ME FOR EVIL.
- 6** THEY GATHER THEMSELVES TOGETHER, THEY HIDE THEMSELVES, THEY MARK MY STEPS, WHEN THEY WAIT FOR MY SOUL.

# Art of the Month

THE CHILDREN OF ISRAEL HAVE BEEN MANY DAYS WITHOUT A VISUAL IMAGE OF THEMSELVES IN THE BIBLE, BUT THOSE DAYS ARE OVER. THANKS TO THE IUIIC RENAISSANCE TEAM WE CAN NOW SEE OURSELVES IN THE SCRIPTURES.

## HOSEA 3:4

FOR THE CHILDREN OF ISRAEL SHALL ABIDE MANY DAYS WITHOUT A KING, AND WITHOUT A PRINCE, AND WITHOUT A SACRIFICE, AND WITHOUT AN IMAGE, AND WITHOUT AN EPHOD, AND WITHOUT TERAPHIM:



## THE HEBREWS JOURNAL SPOTLIGHT

### WHEN DID YOU LEARN HOW TO CROCHET?

I LEARNED HOW TO CROCHET AT AN EARLY AGE. MY MOTHER USED TO CROCHET DRESSES ON LITTLE DOLLS AND THEN SELL THEM. ME BEING THE OLDEST, I USED TO HELP HER.

### WHAT HAS INSPIRED YOU TO CROCHET?

WHAT REALLY INSPIRED ME WAS TO SEE THAT YOU CAN TAKE A PIECE OF STRING AND MAKE A BEAUTIFUL WHATEVER! BLANKETS, BABY CLOTHES, SKIRTS, SHAWLS, THE SKY IS THE LIMIT WITH A PIECE OF STRING



### DO YOU HAVE A FAVORITE THING TO MAKE?

NO, I DON'T HAVE ANY FAVORITE THING TO MAKE BECAUSE I LOVE IT ALL.

### WHAT DO YOU ENJOY MOST ABOUT CROCHETING?

WHAT I ENJOY MOST ABOUT CROCHETING, IS MY FINISHED PROJECT AND SEEING THE LOOK ON A PERSON'S FACE.

### ARE YOU CURRENTLY WORKING ON ANY CROCHET PROJECTS?

ACTUALLY YES! I'M IN QUARANTINE SO, I'VE MADE PONCHOS FOR SOME OF THE NEW LITTLE GIRLS IN MY CAMP. AND I'M ALWAYS MAKING A BABY BLANKET FOR THE NEW BABIES AT MY CAMP. THIS IS MY PASSION AND I LOVE TO DO THIS. I WOULD LOVE TO MEET THE LADY IN THE ATLANTA CAMP THAT CROCHETED THE BLANKET FOR BISHOP WITH THE LION IN IT.



### ANY ADVICE YOU CAN GIVE SOMEONE WHO WANTS TO LEARN HOW TO CROCHET?

YES. MY ADVICE IS IF YOU HAVE TIME ON YOUR HAND AND YOU WANT TO RELAX. I'M WILLING TO TEACH OR YOUTUBE WILL SHOW YOU. BUT IT'S BEST TO HAVE A TEACHER TEACH YOU FIRST BEFORE YOU MESS WITH YOUTUBE.

### ANYTHING ELSE YOU WOULD LIKE PEOPLE TO KNOW ABOUT CROCHETING?

CROCHETING WAS ALSO PART OF OUR HERITAGE. THE PROVERBS 31:19 SISTER. SHE LAYETH HER HANDS TO THE SPINDLE, AND HER HANDS HOLD THE DISTAFF. IT COULD HAVE BEEN A CROCHET NEEDLE! AFTER ALL THERE'S NOTHING NEW UNDER THE SUN.

IF THE HEATHEN THOUGHT TO TO PAINT THE LIKENESS OF THEIR IMAGES AFTER SEEING WHAT WAS IN OUR BIBLE AFTER OPENING IT, WHAT DO YOU THINK THEY SAW AT FIRST? THEY SAW IMAGES OF BLACK AND BROWN PEOPLE LIKE SOLOMON WHO SAID HE IS BLACK AND COMELY, THEY SAW IMAGES OF JEREMIAH AND BARUCH WHO SAID JUDAH IS BLACK LIKE THE GROUND!!

AND LAID OPEN THE BOOK OF THE LAW, WHEREIN THE HEATHEN HAD SOUGHT TO PAINT THE LIKENESS OF THEIR IMAGES.

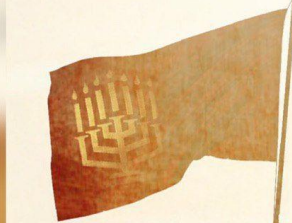
## 1 MACCABEES 3:48



AND AMAZIAH  
STRENGTHENED HIMSELF,  
AND LED FORTH HIS  
PEOPLE, AND WENT TO  
THE VALLEY OF SALT, AND  
SMOTE OF THE CHILDREN  
OF SEIR TEN THOUSAND.

AND OTHER TEN  
THOUSAND LEFT ALIVE  
DID THE CHILDREN OF  
JUDAH CARRY AWAY  
CAPTIVE, AND BROUGHT  
THEM UNTO THE TOP OF  
THE ROCK, AND CAST  
THEM DOWN FROM THE  
TOP OF THE ROCK, THAT  
THEY ALL WERE BROKEN  
IN PIECES.

2 CHRONICLES 25:11-12



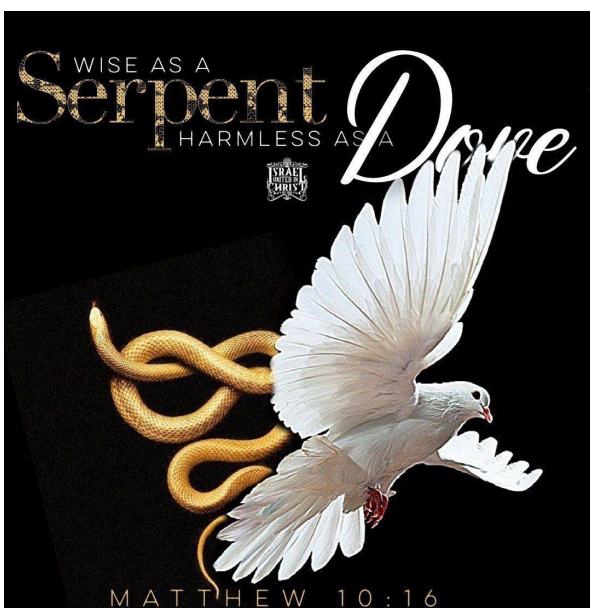
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EXODUS 17:12

BUT MOSES HANDS WERE HEAVY; AND THEY TOOK A STONE,  
AND PUT IT UNDER HIM, AND HE SAT THEREON; AND  
AARON AND HUR STAYED UP HIS HANDS, THE ONE ON THE ONE  
SIDE, AND THE OTHER ON THE OTHER SIDE; AND HIS HANDS  
WERE STEADY UNTIL THE GOING DOWN OF THE SUN.



WISE AS A  
*Serpent*  
HARMLESS AS A  
*Dove*



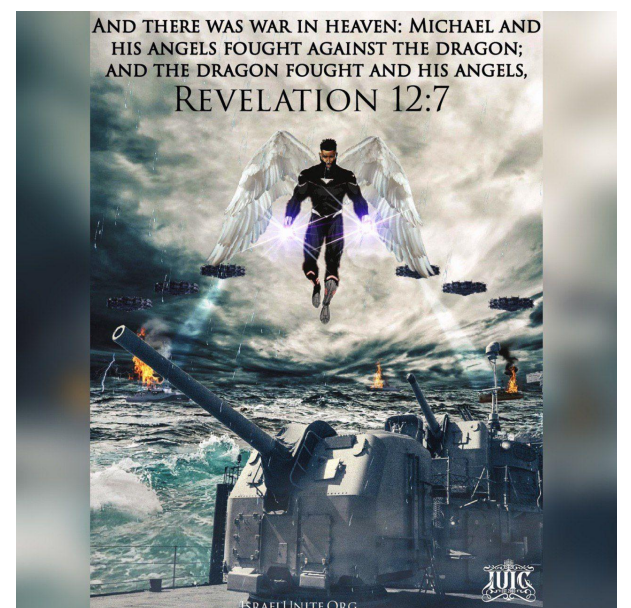
MATTHEW 10:16



PSALMS 119:60 I MADE HASTE, AND DELAYED NOT TO KEEP THY COMMANDMENTS.

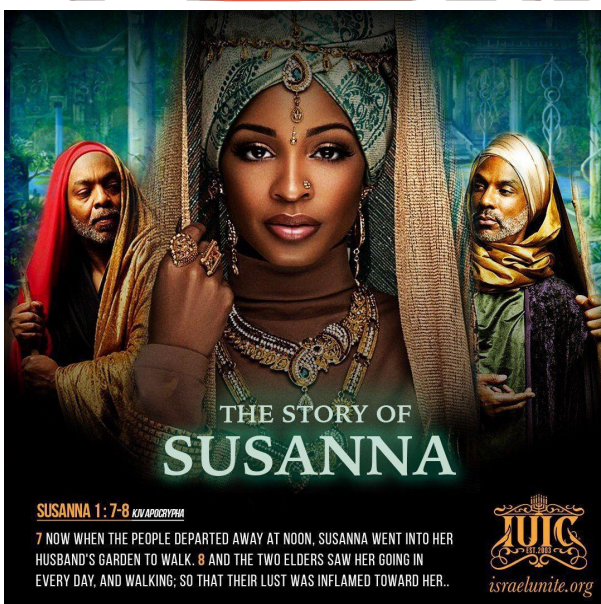


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AND THERE WAS WAR IN HEAVEN: MICHAEL AND  
HIS ANGELS FOUGHT AGAINST THE DRAGON;  
AND THE DRAGON FOUGHT AND HIS ANGELS,  
REVELATION 12:7

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THE STORY OF  
**SUSANNA**

SUSANNA 1:7-8 KJV/PODZYPH

7 NOW WHEN THE PEOPLE DEPARTED AWAY AT NOON, SUSANNA WENT INTO HER  
HUSBAND'S GARDEN TO WALK. 8 AND THE TWO ELDERS SAW HER GOING IN  
EVERY DAY, AND WALKING; SO THAT THEIR LUST WAS INFLAMED TOWARD HER..



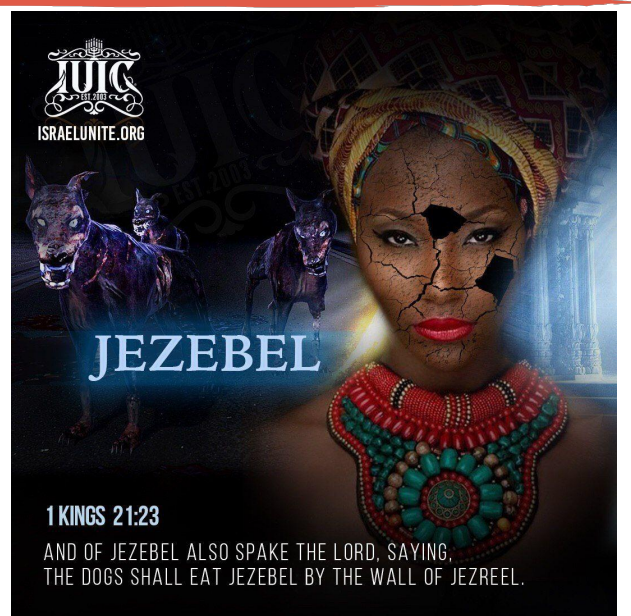
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SUSANNA 1:31 NOW SUSANNA WAS A VERY  
DELICATE WOMAN, AND BEAUTEOS TO  
BEHOLD.



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**JEZEBEL**

1 KINGS 21:23

AND OF JEZEBEL ALSO SPAKE THE LORD, SAYING,  
THE DOGS SHALL EAT JEZEBEL BY THE WALL OF JEZREEL.

Scriptures  
of the Month

# Beauty In The Eyes Of My Oppressors

THERE ARE NO UNIVERSAL RULES STATING ANY ONE DESIGN IS BETTER THAN ANOTHER. THE BLACK WOMAN, SECRETLY, DESIRES TO BE CLONE OF THE WHITE WOMAN AND PATTERNS HER STANDARDS OF FORM AND BEAUTY AFTER HER. THE WHITE MAN HAS EXPRESSED HIS PREFERRED WOMANLY BODY SHAPE AND CLOTHING STYLE IN THE PHOTOGRAPHS HE TAKES AND PUBLISHES. HOWEVER, NO ONE HAS EVER TAKEN THE TIME TO ASK THE BLACK MAN TO DRAW OR TAKE A PICTURE OF WHAT HE WANTS HIS BLACK WOMAN TO LOOK LIKE AND BE. NOR HAS THE BLACK MAN EVER EXPRESSED A COLLECTIVE DEFINITIVE OPINION OR DESCRIPTION OF A PHYSICAL MOLD OF WHAT THE BLACK WOMAN MUST LOOK LIKE FOR HIM TO CONSIDER HER BEAUTIFUL. THE BLACK WOMAN DOES NOT KNOW THAT THE BLACK MAN THINKS ALL BLACK WOMEN ARE THEORETICALLY BEAUTIFUL. CERTAINLY, A BLACK WOMAN WHO IS IN AGREEMENT AND SUBMITS TO HER BLACK MAN IS BEAUTIFUL. (WRITTEN BY AUTHOR SHAHRAZAD ALI).

THERE ARE MANY QUESTIONS, FEARS, AND CHANGES THAT WE, AS ISRAELITE SISTERS, HAVE TO FACE AND DEAL WITH, BEING NEW CREATURE IN CHRIST. WHEN WE START TO LEARN OUR HERITAGE, WHICH IS OUR IDENTITY, WE ARE FORCED TO TAKE A LOOK AT OUR APPEARANCES. WE THEN BEGIN TO REALIZE WE ARE WALKING AROUND AS CARBON COPIES OF OUR OPPRESSORS. WE YEARN TO BE THEM AND ENVY THEM SO MUCH THAT WE HAVE EVEN SACRIFICED THE CONDITIONS OF OUR HAIR RESEMBLE OUR OPPRESSORS. WHAT THAT MEANS IS CHANGING OUR WHOLE IDENTITY JUST TO WALK AROUND AND BE FALSELY ACCEPTED BY OTHER NATIONS WHO NEVER ACTUALLY WILL. MANY OF US HAVE NEVER TAKEN THE TIME TO ADEQUATELY LEARN OUR HAIR TEXTURES, HOW TO PROVIDE PROPER CARE FOR OUR HAIR, AND END UP THINKING IT'S TOO DIFFICULT TO TAKE CARE OF. YET WE WILL RESEARCH THE HAIR OF OTHER NATION'S WOMEN LOOKING FOR THAT 100% TEXTURE, BRAZILIAN,

WE WILL FIND SHAMPOOS AND OTHER MAINTENANCE PRODUCTS THAT 'MATCH' THEIR HAIR BUT NOT OUR OWN. WE LOVE THE DIFFERENT COLORS, INCLUDING BLONDE, HONEY BLONDE, VIOLET REDS, AND PURPLE AND WE KNOW HOW TO ACHIEVE THE LOOK, BUT, IF ASKED "HOW OFTEN YOUR HAIR IS WASHED?", OR "HOW OFTEN DO YOU 'WEAR' YOUR OWN HAIR?" WE RESPOND WITH A LOT OF EXCUSES. WHEN WE LOOK AT OUR FOREMOTHERS HEATHEN MEN WANTED TO KILL OUR PROPHETS BECAUSE OF THEIR NATURAL BEAUTY AND NOT THE ARTIFICIAL (JUDITH 10:19). SO, THE QUESTION IS RAISED "WHO DO YOU HATE, YOUR IMAGE OR THE IMAGE OF YOUR OPPRESSORS"? CHOOSE WISELY.



"IN LIKE MANNER ALSO, THAT WOMEN ADORN THEMSELVES IN MODEST APPAREL, WITH SHAMEFACEDNESS AND SOBRIETY; NOT WITH BROIDED HAIR, OR GOLD, OR PEARLS, OR COSTLY ARRAY; BUT (WHICH BECOMETH WOMEN PROFESSING GODLINESS) WITH GOOD WORKS." - **1 TIMOTHY 2:9-10**

## PRODUCTS FOR NATURAL HAIR

**COCONUT OIL:** ALL HAIR TYPES, BUT PARTICULARLY THOSE WITH DRY, DAMAGED OR DULL HAIR.

**JOJOBA OIL:** DRY, DAMAGED OR DULL HAIR AND THOSE WITH DANDRUFF AND DRY SCALP ISSUES.

**LEMONGRASS OIL:** ALL HAIR TYPES, BUT PARTICULARLY BENEFICIAL FOR PEOPLE WHO EXPERIENCE DRY SCALP AND DANDRUFF. IT ALSO STRENGTHENS HAIR FOLLICLES IN PEOPLE WITH HAIR LOSS.

## 6 Tips to Maintain Your Wool!

**1.** YOU SHOULD WASH YOUR HAIR EVERY 7 TO 10 DAYS, THIS IS EXTREMELY IMPORTANT. BACTERIA CAN BUILD UP ON THE SCALP CAUSING SCALP DISORDERS. WHEN SHAMPOOING YOUR NATURAL HAIR ALWAYS USE A SULFATE FREE MOISTURIZING SHAMPOO, SHAMPOOS WITH SULFATE DRY OUT THE HAIR AND WE ALL KNOW NATURAL HAIR NEED CONSTANT MOISTURE.

**2.** DEEP CONDITION YOUR HAIR BIWEEKLY, WHEN DEEP CONDITIONING LEAVE CONDITIONER ON AT LEAST 30 MINUTES THIS WILL PENETRATE THE STRANDS AND REPAIR DAMAGED HAIR STRANDS. ALSO IT IS ESSENTIAL TO USE LEAVE IN CONDITIONERS, THE BENEFITS OF LEAVE IN CONDITIONERS, ELIMINATES FRIZZ, DETANGLES HAIR AND SOFTENS YOUR HAIR. DEEP CONDITIONERS AND OR LEAVE-IN CONDITIONERS GIVES SHINE, PREVENTS DAMAGE, PROMOTES ELASTICITY, ADDS MOISTURE.

**3.** USE A HOT OIL TREATMENT TWICE A MONTH. THIS ADDS ADDITIONAL MOISTURE, INCREASES BLOOD CIRCULATION TO YOUR SCALP, HELPS WITH DRY SCALP AND DANDRUFF.

**4.** HOW TO STRETCH NATURAL HAIR WITHOUT HEAT. JUMBO BRAIDS CAN STRETCH HAIR, STRETCH PLATES, BANDING, CURL FORMERS.

**5.** TRIMMING YOUR HAIR HELPS WITH KEEPING ENDS FROM SPLITTING THAT CAUSE THE ENDS OF YOUR HAIR TO LOOK FRAYED, THIN AND SHEDDING. YOU SHOULD TRIM YOUR ENDS EVERY THREE TO FOUR MONTHS, 1/4 TO A 1/2 INCH. IF YOU TRIM OFTEN 1/4. TRIMMING ALSO HELPS WITH THE SHAPING AND STYLING OF YOUR HAIR.

**6.** WHEN DECIDING TO ADD HAIR EXTENSIONS, CORNBROWS YARN ETC THIS CAN CAUSE DERMITITUS, BAD ALLERGIC REACTIONS, DULL, DRY, ITCHY, MATTING, TANGLING AND THE NUMBER ONE CAUSE WITH ISRAELITE WOMEN TRACTION ALOPECIA.



**EPAZOTE** IS A HERB NATIVE TO THE CENTRAL AMERICA, SOUTH AMERICA, AND SOUTHERN MEXICO. THIS HERB CAN BE USED FOR COOKING AND TEAS. THE LEAVES AND STEMS HAVE MOST FLAVOR AND CAN BE GREAT FOR SOUPS, BEANS, SALADS, AND SAUTÉED VEGETABLES. IT GIVES THIS AUTHENTIC TASTE TO THE BEANS AND SOUP. IT TASTES MORE LIKE OREGANO, MINT, AND OR ANISE. THE OLDER THE LEAVES THE STRONGER THE FLAVOR. IT CAN ALSO BE USED AS DRY OR FRESH.

## Psalms 104:14

HE CAUSETH THE GRASS TO GROW FOR THE CATTLE, AND **HERB** FOR THE SERVICE OF MAN: THAT HE MAY BRING FORTH FOOD OUT OF THE EARTH;

### EPAZOTE BENEFITS:

- LOADED WITH MINERALS SUCH AS MANGANESE, MAGNESIUM, CALCIUM, POTASSIUM, IRON, ZINC, COPPER, AND PHOSPHORUS.
- VITAMINS SUCH AS VITAMIN A, B, AND C, FOLIC ACID, FOLATE, AND RIBOFLAVIN
- BOOST IMMUNE SYSTEM
- HELPS MAINTAIN HEALTHY BONES
- EXCELLENT FOR STOMACH AND INTESTINAL AILMENTS LIKE INDIGESTION CRAMPS AND ULCERS.

## Get Your Boost! Juice.

### ISLAND GREENS SMOOTHIE

#### INGREDIENTS

- 1 CUP BABY SPINACH LEAVES
- 1 BANANA, CUT INTO CHUNKS
- 3/4 CUP ALMOND BREEZE ORIGINAL UNSWEETENED COCONUT BLEND ALMOND MILK
- 1/2 CUP PINEAPPLE CHUNKS



#### DIRECTIONS:

PLACE ALL INGREDIENTS INTO BLENDER AND BLEND ON HIGH UNTIL SMOOTH.

### SUPREME GREEN SMOOTHIE

#### INGREDIENTS

- 2 CUPS ALMOND BREEZE ALMOND MILK.
- A HINT OF HONEY
- 1 CUP GREEN GRAPES
- 2 CUPS PACKED BABY KALE
- 1 LARGE KIWI FRUIT, PEELED AND CHOPPED
- 1 CUP OF FRESH PINEAPPLE CHUNKS.



#### DIRECTIONS:

PLACE ALL INGREDIENTS INTO BLENDER AND BLEND ON HIGH UNTIL SMOOTH.

# Hebrew Health

## ECCLESIASTICUS 30: 15 - 16

HEALTH AND **GOOD ESTATE OF BODY** ARE ABOVE ALL GOLD, AND A STRONG BODY ABOVE INFINITE WEALTH. THERE IS NO RICHES ABOVE **A SOUND BODY**, AND NO JOY ABOVE THE JOY OF THE HEART.

## THE UNIQUE VALUE OF JUMP ROPE TRAINING

JUMP ROPE TRAINING IS ONE OF THE BEST KEPT SECRETS IN FITNESS RIGHT NOW.

EVEN THOUGH THE POPULARITY OF JUMP ROPE HAS GROWN OVER THE PAST FEW YEARS, MANY ARE STILL UNAWARE OF THE NUMEROUS JUMP ROPE BENEFITS AVAILABLE.

IT'S GREAT FOR ALL FITNESS AND ABILITY LEVELS. IT FITS IN WITH ALL WORKOUT GOALS - **FAT LOSS**, ENDURANCE, STRENGTH, OR PERFORMANCE.



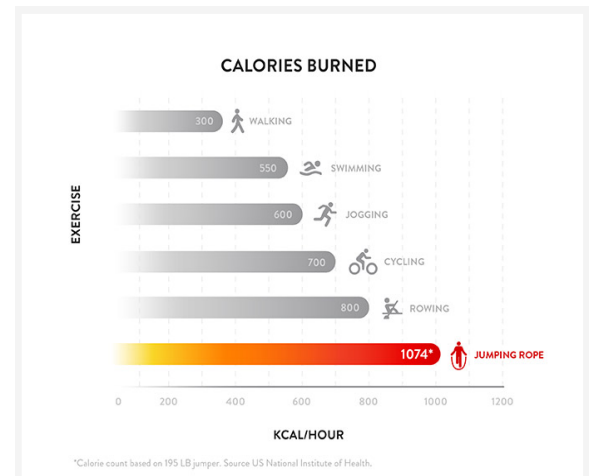
### BENEFIT 1: HIGH CALORIE BURNING

"THIS AEROBIC EXERCISE CAN ACHIEVE A "BURN RATE" OF UP TO 1300 CALORIES PER HOUR OF VIGOROUS ACTIVITY, WITH ABOUT 0.1 CALORIES CONSUMED PER JUMP. TEN MINUTES OF JUMPING ROPE CAN ROUGHLY BE CONSIDERED THE EQUIVALENT OF RUNNING AN EIGHT-MINUTE MILE." WHEN COMPARED TO OTHER ACTIVITIES, JUMPING ROPE IS ONE OF THE MOST EFFICIENT FORMS OF EXERCISE YOU CAN DO WHEN IT COMES TO CALORIE BURNING.

JUMPING ROPE IS ONE OF THE QUICKEST FULL BODY WORKOUTS YOU CAN DO TO BURN AT LEAST 10 CALORIES OR MORE WITHIN 1 MINUTE.

#### BENEFITS

1. BUILDS STAMINA
2. TIGHTENS YOUR CORE
3. IMPROVES LUNG CAPACITY
4. BURNS CALORIES
5. AIDS COORDINATION AND STABILITY



### BENEFIT 2: IMPROVED MENTAL SHARPNESS

WHEN YOU'RE JUMPING ROPE, YOU'RE COMBINING TIMING AND RHYTHM WHILE HAVING TO MAKE QUICK CALCULATIONS TO ENSURE YOUR BRAIN IS RECOGNIZING THE ROPE'S DISTANCE, SPEED, DIRECTION, AND POSITION RELATIVE TO YOUR BODY TO ENSURE THE ROTATIONS KEEP GOING. THIS COMBINATION OF PHYSICAL AND MENTAL ACTIVITY HAS A GREATER EFFECT ON COGNITIVE FUNCTION.

### BENEFIT 3 - IT'S FUN

THE FUN FACTOR IS CRUCIAL WHEN IT COMES TO FINDING A SUSTAINABLE WORKOUT ROUTINE. WE ALL KNOW THAT WHEN IT COMES TO EXERCISE, CONSISTENCY IS EVERYTHING. YOU NEED TO BE ABLE TO STICK WITH YOUR ROUTINE OVER THE LONG-HAUL IF YOU WANT TO SEE LASTING RESULTS. BUT IN ORDER TO BE CONSISTENT WITH SOMETHING, YOU HAVE TO ACTUALLY ENJOY DOING IT.



SHALOM AND WELCOME BACK TO BLOOMING THE TRUTH. SCHOOL IS SOON OVER, AND SUMMER IS ROLLING IN! DON'T BE IDLE DURING THE SUMMER, HERE ARE SIX THINGS TO DO INSIDE THAT WILL OCCUPY YOUR TIME!

NEW TO OUR ARTICLE?

THIS PAGE IS FOR OUR TEEN GIRLS AROUND THE WORLD. WE WANT TO SHARE OUR EXPERIENCES AND DIFFERENT THINGS WE KNOW TO HELP AND TEACH OUR SISTERS. HOPEFULLY, YOU ALL CAN DO THE SAME WITH EACH OTHER.

## Work out Plan

10 Squats  
25 Jumping Jacks  
20 second Wall sit  
20 crunches  
20 Sit-ups  
Repeat 3x



1. REORGANIZE YOUR ROOM. TRY TO GET RID OF THINGS YOU HAVE NOT USED IN MONTHS.

2. WORKOUT. WORKING OUT CAN GIVE YOU ENERGY THROUGHOUT THE DAY AND CAN HELP YOU STAY ACTIVE. SO, GET UP AND WORKOUT. HERE IS ONE TO GET STARTED:

3. MAKE/PLAY A BIBLE GAME. HERE ARE TWO BIBLE JEOPARDY GAMES YOU CAN PLAY.

THIS ONE IS THE FEAST OF TABERNACLES JEOPARDY GAME

[HTTPS://JEOPARDYLABS.COM/PLAY/FOT-JEOPARDY-9](https://jeopardylabs.com/play/fot-jeopardy-9)

THIS ONE IS THE FEAST OF DEDICATION JEOPARDY GAME.

[HTTPS://JEOPARDYLABS.COM/EDIT/FEAST-OF-DEDICATION](https://jeopardylabs.com/edit/feast-of-dedication)

YOU CAN ALSO USE THESE TWO WEBSITES TO MAKE YOUR OWN BIBLE GAMES. [HTTPS://QUIZLET.COM/](https://quizlet.com/)  
[HTTPS://JEOPARDYLABS.COM/](https://jeopardylabs.com/)

4. WANT TO LEARN SOMETHING NEW THIS YEAR?

([HTTPS://WWW.VARSITYTUTORS.COM/VIRTUAL-SUMMER-CAMPS](https://www.varsitytutors.com/virtual-summer-camps)) (AGES 5-18)

THIS WEBSITE HAS SUMMER CAMP CLASSES FOR STUDENTS IN 9-12 GRADE. SOME OF THE CLASSES/CLUBS THEY HAVE ARE:

- LEARNING FUNDAMENTAL GRAPHIC NOVELS
- FILM PRODUCTION CLASS
- SPANISH, FRENCH AND SIGN LANGUAGE.
- LOVE PLAYING GAMES? YOU CAN LEARN HOW TO MAKE VIDEO GAMES USING THE PLATFORM ROBLOX, MINECRAFT, AND SCRATCH.

• ALSO, IF YOU LOVE TO READ, THEY HAVE A READING AND WRITING BOOK CLUB. THESE ARE SOME OF THE MANY CLASSES AND CLUBS THEY HAVE. REMEMBER, BEFORE SIGNING UP TALK WITH YOUR PARENTS OR GUARDIANS TO SEE WHICH IS BEST FOR YOU.

5. COMPUTER SCIENCE PROGRAM

[HTTPS://GIRLSWHOCODE.COM/PROGRAMS/SUMMER-IMMERSION-PROGRAM](https://girlswhocode.com/programs/summer-immersion-program)

THIS WEBSITE HAS A SUMMER PROGRAM FOR GIRLS FROM 10TH-12TH GRADE. THIS IS AN ONLINE PROGRAM. IT IS ABOUT TWO WEEKS LONG AND TEACHES GIRLS "THE COMPUTER SCIENCE SKILLS THEY NEED TO MAKE AN IMPACT IN THEIR COMMUNITY WHILE

PREPARING FOR A CAREER IN TECH." THIS MEANS YOU WILL LEARN TO CODE PROJECTS IN ART, STORYTELLING, ROBOTICS, VIDEO GAMES, WEB SITES, APPS AND MORE. THIS PROGRAM WILL ALSO PAY YOU \$300 IF YOU COMPLETE THE FULL PROGRAM BUT IT'S

NOT GUARANTEED. FOR MORE INFORMATION PLEASE CLICK ON THE LINK.

6. MAKE A SUMMER SCHEDULE, THIS WILL MAKE SURE YOU'RE WELL ORGANIZED WITH YOUR TIME. MAKE A DAILY SCHEDULE TO PLAN OUT WHAT YOU WILL BE DOING EACH DAY. TRY TO STICK TO YOUR NEW SCHEDULE SO YOU CAN HAVE A FUN AND ORGANIZED SUMMER.

## Recipes HEALTHY SALADS



## Lemon Unleavened Bread

BY SARON

You will need:

- 2 CUPS SUGAR
- 2 CUPS FLOUR
- 2 STICKS BUTTER
- 1 BOTTLE OF LEMON EXTRACT
- 1/2 CUP OF CREAM CHEESE
- 1/2 TBSP CAKE BATTER EXTRACT
- 4 EGGS
- 1/3 CUP MILK
- VANILLA ICING

EVERY YEAR IN THE UNITED STATES, BETWEEN 700 AND 900 WOMEN DIE FROM CAUSES RELATED TO PREGNANCY AND CHILDBIRTH. FOR EVERY WOMAN THAT DIES, DOZENS MORE EXPERIENCE SEVERE COMPLICATIONS, WHICH AFFECT MORE THAN 50,000 WOMEN ANNUALLY. THE U.S. RATE OF MATERNAL MORTALITY IS SUBSTANTIALLY HIGHER THAN THOSE OF OTHER AFFLUENT NATIONS AND HAS RISEN OVER THE PAST DECADE. OUTCOMES FOR BLACK WOMEN HAVE LED THE WAY, INTENSIFYING EFFORTS BY MEDICAL EXPERTS AND ACADEMICS TO UNDERSTAND WHAT IS DRIVING THE RACIAL DISPARITY. THE REASONS BEHIND THE RACIAL DISPARITIES ARE MANY AND COMPLEX, SHE SAID. LACK OF ACCESS AND POOR QUALITY OF CARE ARE LEADING FACTORS, PARTICULARLY AMONG WOMEN AT LOWER SOCIOECONOMIC LEVELS. BUT THERE IS A BIGGER PROBLEM, LANGER SAID. "BASICALLY, BLACK WOMEN ARE UNDERVALUED. THEY ARE NOT MONITORED AS CAREFULLY AS WHITE WOMEN ARE. WHEN THEY DO PRESENT WITH SYMPTOMS, THEY ARE OFTEN DISMISSED."

ECONOMICALLY, MANY AFRICAN AMERICAN WOMEN DO NOT HAVE CORPORATE JOBS THAT COME WITH BONUSES AND PAID SICK LEAVE OR EVEN HEALTH INSURANCE. WE WORK AND LIVE PAYCHECK TO PAYCHECK WITH BARELY ANY ROOM FOR THE ESSENTIAL DOCTOR'S VISIT. BLACK WOMEN ARE TYPICALLY PAID JUST 63 CENTS FOR EVERY DOLLAR PAID TO WHITE, NON-HISPANIC MEN. MEDIAN WAGES FOR BLACK WOMEN IN THE UNITED STATES ARE \$36,227 PER YEAR, WHICH IS \$21,698 LESS THAN THE MEDIAN WAGES FOR WHITE, NON-HISPANIC MEN. THESE LOST WAGES MEAN BLACK WOMEN AND THEIR FAMILIES HAVE LESS MONEY TO SUPPORT THEMSELVES AND THEIR FAMILIES AND MAY HAVE TO CHOOSE BETWEEN ESSENTIAL RESOURCES LIKE HOUSING, CHILDCARE, FOOD, AND HEALTH CARE. PLEASE TAKE INTO CONSIDERATION, THIS IS STILL BELOW THE POVERTY LINE. THESE TRADE-OFFS ARE EVIDENT IN BLACK WOMEN'S HEALTH OUTCOMES AND USE OF MEDICAL CARE. COMPARED TO WHITE WOMEN, BLACK WOMEN ARE MORE LIKELY TO BE UNINSURED, FACE GREATER FINANCIAL BARRIERS TO CARE WHEN THEY NEED IT AND ARE LESS LIKELY TO ACCESS PRENATAL CARE. INDEED, BLACK WOMEN EXPERIENCE HIGHER RATES OF MANY PREVENTABLE DISEASES AND CHRONIC HEALTH CONDITIONS INCLUDING DIABETES, HYPERTENSION, AND CARDIOVASCULAR DISEASE. WHEN, OR IF, BLACK WOMEN CHOOSE TO BECOME PREGNANT, THESE HEALTH CONDITIONS INFLUENCE BOTH MATERNAL AND INFANT HEALTH OUTCOMES.

NOW, WITH THE INFORMATION MENTIONED ABOVE, WHEN WILL WE START TO TAKE CARE OF OURSELVES AND OUR COMMUNITY? HOW AND WHEN WILL WE GATHER PROPER KNOWLEDGE OF SELF-CARE AND NOT SUCCUMB TO ALLOWING BABYLON THE WICKED TO "TAKE CARE" OF US? AS BLACK WOMEN, WE CATER TO OUR OPPRESSORS SO OFTEN. FROM OUR DEEP-ROOTED SLAVERY DAYS TO OUR 9 TO 5'S, A BIG PORTION OF OUR TIME IS DEDICATED TO OUR OPPRESSOR'S BETTERMENT. SO, I POSE THE QUESTION TO ALL ISRAELITE WOMEN AGAIN, "WHEN WILL WE START TO TAKE CARE OF OURSELVES AND OUR COMMUNITY? (NOTICE THE ORDER). LET US GET BACK ON TOPIC.

BETTER HEALTH CARE FIRST STARTS WITH A HEALTHY MINDSET. WE ARE IN THE ERA OF TECHNOLOGY, THERE REALLY IS NOT AN EXCUSE TO NOT BE IN THE KNOW. AND, YES! KNOWLEDGE IS SELF-CARE. PREPARATION FOR PREGNANCY, LABOR, AND CARING OF A NEWBORN MAY BE HAD BY TAKING FORMAL CLASSES, SIFTING THROUGH READING MATERIALS, WEIGHING ADVICE GIVEN, AND OBSERVING OTHER PARENTS. I HAVE INQUIRED OF SO MANY SISTERS ABOUT THEIR PREGNANCIES AND GUESS WHAT, THEY WERE ALL DIFFERENT. MAINLY, THE VARIANCES WERE BASED ON THEIR PERSONAL HEALTH AND MENTAL PREPARATION. NONETHELESS, WE CANNOT BE TIMID TOWARDS GAINING INFORMATION. HAVE YOU EVER QUESTIONED YOUR DOCTORS? NO? WHY NOT? ALL DOCTORS' VISITS NEED TO BE A CONVERSATION. YOU SHOULD GO INTO ANY DOCTOR'S OFFICE WITH AN AIM TO GET QUESTIONS ANSWERED. DO NOT BE A PUSH OVER.

THE TRANSITION TO MOTHERHOOD FOLLOWING PREGNANCY WAS FACILITATED BY SUPPORT FROM PARTNERS, FAMILY, AND FRIENDS. JACKSON, PHILLIPS, HOGUE, AND CURRY-OWENS (2001) RECRUITED A LARGE SAMPLE OF 167 COLLEGE-EDUCATED AFRICAN AMERICAN WOMEN OF WHOM 78 HAD EXPERIENCED SUCCESSFUL PREGNANCIES. ALL PARTICIPANTS RELATED EXPERIENCES DURING PREGNANCY OF HAVING BEEN SINGLED OUT AND VIEWED NEGATIVELY BECAUSE OF THEIR RACE.

BY LEMUELA ISRAEL



MOTHERHOOD THE JOURNEY CONTINUES....

BY: SISTER DEBORAH H.O. OFC RAZIS  
SHALOM FAMILY AND MHNCB.

A LOT HAS BEEN GOING ON THESE PAST FEW MONTHS WITH THIS PANDEMIC. WITH THAT BEING SAID, GOING TO THE STORE HAS NEVER BEEN SUCH A MISSION! MOTHERS, I KNOW YOU UNDERSTAND WHERE I'M COMING FROM. IT CAN BE HARD TO GO TO THE STORE, ESPECIALLY IF WHERE YOU LIVE THERE ARE LONG LINES TO GET IN THE STORE AND YOU'RE WITH CHILDREN. I HAVE FOUND ONLINE ORDERING TO BE A BIG HELP. EVEN IF YOU STILL MUST GO IN THE STORE IT WON'T BE AS LONG BECAUSE YOU WOULD'VE TAKEN CARE OF THE REST WITH ONLINE ORDERING. THAT'S IF IT'S AVAILABLE IN YOUR RESPECTIVE AREAS. ON THE OTHER HAND, AS OUR LITTLE ONES GET OLDER, THINGS CHANGE. MY LITTLE ONE, NOW 4 MONTHS IS BEGINNING TO TRY AND TALK, IS IN THE PROCESS OF TEETHING, GRABBING EVERYTHING IN SIGHT, HOLDING HIS HEAD UP WELL, AND OTHER GREAT THINGS. JUST LIKE YOUR LITTLE ONES WHO ARE PROBABLY STARTING TO TALK, LEARNING TO FORM SENTENCES, OR EVEN JUST ADAPTING TO LIFE NOW WITH MASKS, GLOVES, AND PROBABLY TRANSFERRING TO HOME SCHOOL IF THEY WEREN'T ALREADY. DURING THESE TIMES, WE MUST STILL MAKE SURE WE ARE EDUCATING OUR CHILDREN IN THE LAWS AND COMMANDMENTS. MOST OF US ARE NOW HOME FULL TIME AND IN NEW SITUATIONS LIKE THIS, WE MUST MAKE SURE WE'RE UPHOLDING OUR ROLES AND TEACHING OUR CHILDREN.

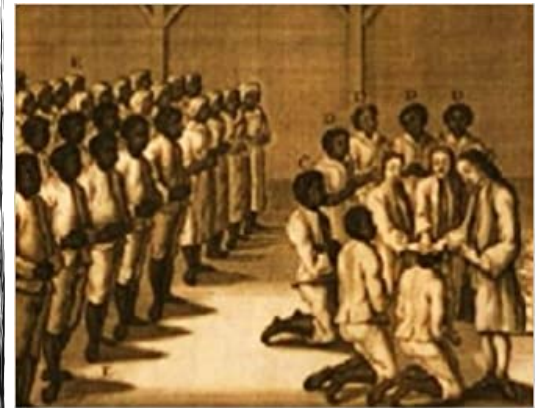
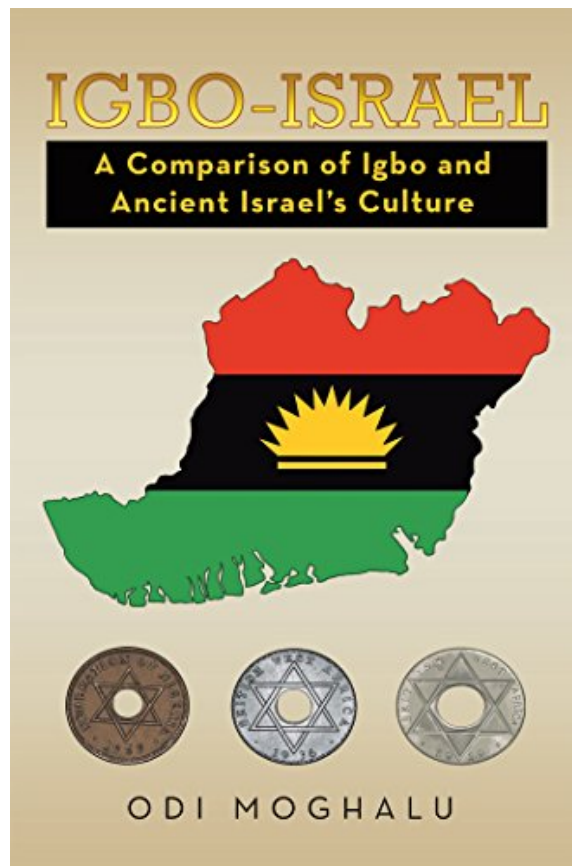


Titus 2:3 The aged women likewise, that they be in behaviour as become holiness, not false accusers, not given to much wine, That they may teach the young women to be sober, to love their husbands, to love their children, 2:5 To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. (KJV)

I'M ALWAYS TALKING TO MY LITTLE ONE ABOUT THE LAWS, AND THAT'S WHETHER I SEE SOMETHING ON TV, OUTSIDE, OR AT THE STORE. IT'S LIKE WHAT THE HIGHEST SAYS IN DEUTERONOMY 6:7, "AND THOU SHALT TEACH THEM DILIGENTLY UNTO THY CHILDREN, AND SHALT TALK OF THEM WHEN THOU SITTEST IN THINE HOUSE, AND WHEN THOU WALKEST BY THE WAY, AND WHEN THOU LIEST DOWN, AND WHEN THOU RISEST UP". FURTHERMORE, WE HAVE TO STILL TRY AND BE ACTIVE! I'VE BEEN TAKING MY LITTLE ONE ON WALKS TO REMAIN ACTIVE GIVEN WE'RE HOME MOST OF THE TIME WITH ALL THAT'S GOING ON. AS A NATION, WE MUST MAKE SURE WE'RE TAKING CARE OF OURSELVES TO BE ABLE TO CARE FOR OUR CHILDREN AND GUIDE THEM THE RIGHT WAY.

# Let's Read!

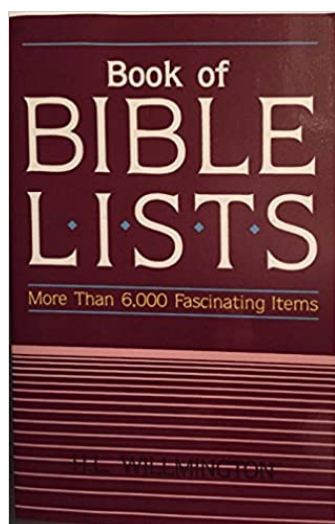
THE HISTORY OF THE LOST TRIBES OF ISRAEL REMAINED FOR SCHOLARS, HISTORIANS, ARCHEOLOGISTS, ANTHROPOLOGISTS AND HEBRAISTS A FASCINATING TOPIC FOR MILLENNIA. WHEN ISRAEL FACED AN IMPERIAL CONQUEST IN THE HANDS OF THE ASSYRIAN EMPIRE IN 722 B.C. AS EARLIER WARNED BY PROPHETS ISAIAH AND HOSEA, THE NATION ALSO WENT ON EXILE AND INTO WHAT SEEMED OBLIVION. A PEOPLE WHO FOR PENALTY OF APOSTASY BECAME A DISPERSED PEOPLE ACROSS THE GLOBE FOR NEARLY THREE THOUSAND YEARS CREATING A PUZZLE OF IDENTITY AND LOCATION FOR SO LONG HAS SUDDENLY BEGAN TO EMERGE FROM THE SHADOWS OF TIME. THE ACCOUNT OF THEIR JOURNEY AND EXPERIENCES OVER THIS PERIOD HAD LARGELY REMAINED CONJECTURES AS THEY ASSIMILATED AMONGST FOREIGN CULTURES. THE IGBO, SOJOURNED IN THE TWO SIDES OF LOWER NIGER, ONE OF AFRICA'S GREAT RIVERS SECOND ONLY TO THE NILE AND LIKE OTHER EXILED TRIBES OF ISRAEL WAS RELATIVELY UNKNOWN TO THOSE WHO NEVER HAD ANY CONTACTS WITH THEM. THE ERA OF TRANS-ATLANTIC FORCED MIGRATIONS AND EUROPEAN COLONIZATION OPENED THIS CONNECTION. THE EXPOSITION OF A PEOPLE'S BELIEFS, BEHAVIOR, ATTITUDES AND VALUES WITHIN RELIGIOUS, CULTURAL AND POLITICAL CONTEXT HAD ONLY AFFIRMED THEIR ORIGIN AND IDENTITY.



## THE RELIGIOUS INSTRUCTION OF THE NEGROES IN THE UNITED STATES

CHARLES COLCOCK JONES

THIS BOOK CONTAINS AN HISTORICAL SKETCH OF THE RELIGIOUS INSTRUCTION OF THE NEGROES FROM 1620 TO 1842—TREATS OF THE MORAL AND RELIGIOUS CONDITION OF THE NEGROES; OF THE OBLIGATIONS OF THE CHURCH TO IMPROVE THAT CONDITION BY GIVING THEM THE GOSPEL—AND PROPOSES PLANS FOR SECURING THEIR RELIGIOUS INSTRUCTION. MR. JONES WEIGHS WELL ALL OBJECTIONS TO THE COURSE PROPOSED AND MEETS THEM ON SCRIPTURAL GROUNDS: SO THAT IT MUST BE DIFFICULT FOR A MINISTER OF THE GOSPEL OR A PRIVATE CHRISTIAN TO READ AND NOT BE REPROVED. UNDER THE HEAD OF THE OBLIGATIONS OF THE CHURCH TO THE NEGROES, THE AUTHOR SPEAKS OUT PLAINLY AND FORCIBLY, FIRST TO THE CHURCH IN SLAVEHOLDING STATES ON THEIR DUTIES TO THE SLAVES, THEN TO CHRISTIANS IN THE FREE STATES ON THEIR DUTY TO AFFORD THE GOSPEL TO FREE NEGROES WITHIN THEIR LIMITS. TO THE FORMER HE SAYS: "WE CANNOT CRY OUT AGAINST PAPISTS FOR WITHHOLDING THE SCRIPTURES FROM THE COMMON PEOPLE, IF WE WITHHOLD THE BIBLE FROM OUR SERVANTS, AND KEEP THEM IN IGNORANCE OF ITS SAVING TRUTHS, WHICH WE CERTAINLY DO WHILST WE WILL NOT PROVIDE WAYS AND MEANS OF HAVING IT READ AND EXPLAINED TO THEM." APPEALS, SUCH AS MR. JONES MADE, TO THE CONSCIENCES OF CHRISTIANS IN THE SOUTH, ADAPTED TO PREPARE THE WAY, AS RAPIDLY AS ANY OTHER PREPARATORY MEASURES, FOR THE ULTIMATE BREAKING OF ALL THE FETTERS OF BONDAGE AND LETTING THE OPPRESSED AND CAPTIVE GO FREE.



THE BOOK OF BIBLE LISTS FEATURES OVER 350 INTERESTING LISTS OF SCRIPTURAL FACTS, WITH MORE THAN 6,000 FASCINATING ITEMS. ARRANGED IN ALPHABETICAL ORDER, EACH LIST IS CAREFULLY CROSS-REFERENCED, REFERRING THE READER TO OTHER RELATED LISTS. FEATURES INCLUDE AN EASY-TO-USE, TWO-COLUMN LIST FORMAT.



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**LEVITICUS 5:1 KJV**



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9PM est



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Judah - American Blacks

Benjamin - West Indian Blacks

Levi - Haitians

Ephraim - Puerto Ricans

Manasseh - Cubans

Simeon - Dominicans

Zebulon - Guatemala to Panama (Mayans)

Gad - Native-American Indians

Reuben - Seminole Indians

Asher - Columbia to Uruguay (Incas)

Issachar - Mexicans (Aztecs)

Naphtali - Argentina/Chile

